

# Gettin' Gig-E with it

## Whiteman gets next generation local area network system

By Senior Master Sgt. Maxwell Grindstaff  
509th Communications Squadron

The 509th Communications Squadron, teaming with networking engineers from Tinker Air Force Base, Okla., and Langley Air Force Base, Va., have been working long hours over the past month to take Whiteman to the next level in information technology.

Whiteman is now in the final weeks of a major local area network upgrade. After a lot of work in the funding and planning arenas, the base was able to take advantage of a U.S. Strategic Command initiative to bring a state-of-the-network backbone to Whiteman.

The new network, Gigabit-Ethernet, or Gig-E, provides more bandwidth (approximately 10 times more), much less infrastructure to maintain, simplified troubleshooting and greater redundancy for the users on base.

The project involves all facilities on base that have network connectivity and will be complete by the end of this month.

The end product will be a drastically improved LAN that provides greater support to Whiteman.

The previous network configuration was based around the Asynchronous Transfer Mode model.

An analogy of how the old 100 Base-T network worked would be to relate the way data travels on the base LAN to the way cars drive down Highway DD between the base and Warrensburg. People will get there, but traffic may be quite slow at times, based on the amount of traffic, and build up at intersections may significantly slow down arrival time.

To follow the analogy, the way information traverses the new Gig-E network is similar to the way cars travel down a major four-lane interstate such as I-70. No stop lights, much more room to travel, less traffic jams and greater lane selection ultimately speeds up arrival time.

Whiteman's migration to this new network layout is two years ahead of schedule, and it is a major initiative



Photo by Airman 1st Class Ryan Wilson

**Staff Sgt. Jacob Marsh (then senior airman) and Tech. Sgt. Mike Russell, 509th Communications Squadron, program a Cisco 6509 networking switch in preparation for the Gigabit-Ethernet update.**

with immediate results.

Users may notice a slight increase in speed, but the larger payoff is in the greater reliability and unparalleled backup capability for the entire base.

"The upgrade project required working a lot of long days and a lot of weekends, both in preparation and implementation," said Master Sgt. Phil Kyger, 509th CS network operations section chief.

In all, the install team was comprised of over 30 military and civilian technicians. The team amassed more than 7,500 hours of work time, much of it on weekends and non-duty hours to minimize disruptions and work stoppages to Whiteman's network users.

The close coordination and synergy the cross functional team from 509th CS, 509th Civilian Engineer Squadron

and all of Whiteman's Client Support Administrators (CSA is the new name for Workgroup Managers) was absolutely phenomenal and critical to project completion.

The 509th CS technicians and unit CSAs were on hand at every building as they switched from the old network to the new, in a successful effort to minimize issues users encountered as we cut over to the Gig-E network.

Ultimately, the upgrade involved a lot of work by our dedicated "COMM-Mandos" from the communications squadron and our Whiteman, Tinker and Langley Air Force Base teammates.

We will continue to experience some limited service interruptions and downtime for the next week or two as we finalize some configuration settings, but at the end of the project the base will have the latest and greatest LAN infrastructure and technology.

Whiteman will have a more cost effective network that can support it's requirements for the next decade with simpler maintenance, streamlined scalability, and a faster, more reliable network—a state-of-the-art network to support a state-of-the-art jet.

### Thank you

**The upgrade project would not have been nearly as smooth and transparent to users if it weren't for the incredible work ethic put forth by the following 509th Communications Squadron members: Tom Stock, 1st Lt. Tom Hamlyn, Master Sgt. Phil Kyger, Tech. Sgts. Mike Russell and Tim Smith, Staff Sgts. Jhoonar Barrera, Vince Hess, Jacob Marsh, Sean Murray, Steve Richards and Teresa Willson, Senior Airman Anthony Ianno; Tammy Clippert and Tech. Sgt. Chad Farris from the 509th Civil Engineering Squadron; Pat Reilly and Chris Peay from our local contractor team; and Matt Lovelless from the 38th Engineering Installation Group at Tinker Air Force Base, Okla.**

## Inside

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What to do in an after-hours dental emergency.



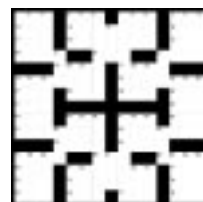
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For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@whiteman.af.mil, fax us at 687-7948, or write to us at:  
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### Air Force Quiz

What is the mission of the Air Force Materiel Command?

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Whiteman's 9er Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work.

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If you've exhausted all the normal avenues to resolve the situation, then call Brig. Gen. Chris Miller, 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

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AFC's mission is to deliver war-winning expeditionary capabilities to the war fighter through technology, acquisition support and sustainment.

### Air Force Quiz answer

## Commander's Corner

**By Brig. Gen. Chris Miller**  
509th Bomb Wing commander

**Attitude leads to Altitude.** Congratulations to the professional Airmen of our "logistics community" — 509th Logistics Readiness Squadron and the 509th Maintenance Group — on an outstanding job during last week's Logistics Standardization/Evaluation Team visit!

Your day-to-day professional attitude about safety, standards and your focus getting the mission done right made a huge difference in the "high altitude" you reach every day in performing logistics tasks.

The LSET team looked hard and liked what they saw. They were impressed — we are all proud of you and thankful for your contributions to Whiteman's missions — keep up the great work!

**Your life ...** is the most precious thing you have, and you mean a lot to your family and friends.

Please — be careful as you travel, put up decora-

tions, or anything else this weekend ... Assess your environment ...

Consider the risks ... Take appropriate action ... **ACT** to do the safe thing, over this Thanksgiving weekend and throughout the holidays.

**Safety is a mindset, and YOU** are the one who has to make it happen!

**Why be thankful?** Like our Air Force senior leaders, I am grateful to be an American and to be part of a great Air Force.

In particular, my family and I are thankful to be part of the truly special team here at Whiteman. Though we are at war as a nation, and all of us have difficult tasks both behind and ahead, there is **much** to be thankful for.

Whether we are part of the active, reserve, guard or civilian force; whether Air Force, Army or Navy, sponsor or family member — as Americans, we have been blessed by abundance that is rare across the Earth.

Sometimes we compare what we have against what we want — but if we com-



Courtesy photo

**Whiteman members participate in the annual Whiteman Thanksgiving Day food basket program. The base was able to collect more than 3,500 pounds of food, raised \$500 for Operation Warmheart and \$400 to start next years Thanksgiving basket program. More than 145 Thanksgiving-themed food baskets were put together to help Whiteman members in need.**

pare what we have to what we need, it reminds us how very lucky we are as people and as a nation.

Beyond the material prosperity, we live in an America where there is always hope! In our Air Force and in our nation, we have many hopeful and trustworthy people, extending a hand to those in need, respecting each other more than almost any other people.

In our homes, our

squadrons, our communities and our lives, we have much to be grateful for — if we'll just have an attitude that finds and values the good in what's around us.

My family and I wish you a Thanksgiving true to its beginnings as an American holiday: what our forefathers had wasn't much, but they were glad they had it — and their attitude of thanks made this nation what it is today.

Happy Thanksgiving!

# Things to be thankful for

## Thanksgiving is a time to reflect on things that make America great

**By Lt. Gen. Kevin Chilton**  
8th Air Force commander

In 1621, after surviving a devastating winter that killed many of their number with hunger and disease, the Pilgrims set aside a day to be thankful for a plentiful harvest and for their very survival.

This year as we prepare to sit down to holiday meals with all the trimmings, we too have much to be thankful for.

We can be thankful that we live in a free country where we can speak our minds and choose our leaders.

This freedom came at a high price for our forefathers, and continues to cost our brothers and sisters their lives to protect.

Our nation owes a debt of gratitude to

all those who fought to give us this freedom, and those who still fight to keep it, including those from our Eighth Air Force family.

We can all be grateful for the safe return of our Eighth Air Force members who served on overseas deployments this year.

The "Mighty Eighth" has also had numerous successes to be grateful for at home this year, including Blue Flag/JTFEX, Global Lightning and fantastic planning for the Joint Expeditionary Force Experiment 2006. Our team is on the cutting edge of information operations, Command and Control, Intelligence, Surveillance and Reconnaissance and more, and we have much to look forward to.

Our families are another reason to be thankful.

Indeed we could not do the mission we do without their support. Our spouses

and families, co-workers and friends have all touched our lives in remarkable ways. Be sure to take the time to thank them for being there.

I am personally thankful for the opportunity to lead this wonderful team. It is an honor to serve with each and every one of you.

Please enjoy this all-American holiday with your loved ones and a thankful spirit.

I echo the sentiments of our 16th president in the proclamation that created this special day when he wrote, "It has seemed to me fit and proper that they (the many blessings our nation enjoys) should be solemnly, reverently and gratefully acknowledged as with one heart and one voice by the whole American people."

Happy Thanksgiving and may God bless you, the Mighty Eighth and our great nation!

## Air Force leaders send Thanksgiving message

*(The following is a Thanksgiving message from Secretary of the Air Force Michael Wynne and Air Force Chief of Staff Gen. T. Michael Moseley)*

Thanksgiving is a special day for Americans to gather with family and friends and appreciate all our nation has to offer.

Whether fighting the Global War on Terror, providing disaster relief around the globe, or defending our country here at home, Airmen cannot always be with our families at this special time.

However, the American people are truly thankful you are on

the frontlines, defending our rights and freedoms.

Because of the skill, hard work, dedication, and sacrifice of our Airmen—active duty, Guard, Reserve and civilians all—America is safe.

For that service and dedication, we are thankful. We are thankful for each of you who serve, at home and abroad.

We are thankful for the support your families give you—allowing you to make the U.S. Air Force the best in the world.

We're incredibly proud of you and your families.

Happy Thanksgiving!

## Air Combat Command commander's Thanksgiving day message

**Gen. Ronald E. Keys**  
Air Combat Command commander

**LANGLEY AIR FORCE BASE, Va.**—Since the 1621 harvest feast the Pilgrims celebrated, Americans have observed Thanksgiving by gathering together, sharing with those in need and giving thanks for our numerous blessings. We have much to be thankful for—our freedoms, our comrades-in-arms, and our families. I'm especially thankful for you—the remarkable Airmen and civilians in Air Combat Command who are bringing peace, security and natural disaster relief to people around the globe.

Your courageous and selfless service honors our Air Force and our nation, and the extraordinary commitment, strength and patriotism of your families illustrates the true strength of America. As you enjoy this day, let's also not miss the opportunity to share it with those who are away from family and friends, especially our deployed Airmen's families.

Thank you for your service, and I wish you all a safe and happy Thanksgiving!

## Newsline

**Recycling pickup rescheduled**

The pick up of recyclables in the Woodview section of base housing has been pushed to today because of the Thanksgiving holiday. For more details, call Pat Martinez at 687-2017.

**MedGp schedules holiday closure**

The 509th Medical Group clinics be will closed Saturday. A Medicare provider-on-call will be on duty and can be reached at 687-2188. For urgent medical needs requiring an ambulance call 911.

**Tree lighting location announced**

Whiteman's annual Christmas tree lighting ceremony begins at 5 p.m. Wednesday at the B-2 static display near Mission's End.

**Senior NCOs graduate**

Eight Whiteman Airmen graduated from the Senior NCO Academy at Maxwell Air Force Base, Ala. they are:

Senior Master Sgts. **Glenn Cottrell**, 509th Maintenance Squadron, and **Jeffrey Romanowski**, 509th Munitions Squadron.

Master Sgts. **Matthew Eubanks**, 509th Maintenance Operations Squadron, **Timothy Luke**, 509th MUNS, **Kenneth Meierhofer**, 509th Civil Engineer Squadron, **Cory Nicolson**, 509th Bomb Wing, **David Smart**, 509th Aircraft Maintenance Squadron, and **Dale Spotten**, 509th MUNS.

**Briefing rescheduled**

Due to a high demand in pre-deployment briefings, the briefings will be held from 1 p.m.-2 p.m. Mondays, Wednesdays and Fridays through Dec. 16. No appointments are necessary. Spouses are encouraged to attend. For more details, call Tech. Sgt. Karen Simpson at 687-7132.

**Around the Air Force****General Smith takes over**

**NORFOLK, Va. (AFP)** — Gen. Lance Smith took command of NATO's Allied Command Transformation and U.S. Joint Forces Command during a ceremony aboard the USS Dwight D. Eisenhower at the Norfolk Naval Station here.

General Smith assumed his duties Nov. 10. "There is no human being on this earth I would rather have take this command than General Smith," said Marine Corps Gen. Peter Pace, chairman of the Joint Chiefs of staff.

"This warrior brings enormous experience to these commands," the general said. "He brings great intellect, wisdom and tenacity - he will have need of all of them."

JFCOM is a force of more than 1.16 million active and Reserve Soldiers, Sailors, Airmen and Marines, spanning the command's four service component commands and eight subordinate activities. It has members from each military branch, civil servants, contractors and consultants.

General Smith emphasized the importance of junior military members in achieving the commands' goals. "This generation is not familiar with three words that we come across far too often: 'we used to,'" he said. "They are focused on the new enemies that face us. There is no going back to the way we used to be. Transforming is not about doing the same things better, but doing better things." (Courtesy of American Forces Press Service)

# Teamwork may save lives *faster*

## Whiteman emergency responders build relationship with helicopter service

Story and photo by  
**Staff Sgt. Neo Martin**  
Public Affairs

Members of the 509th Civil Engineer Squadron and the 509th Medical Group had an opportunity to learn about a valuable asset in saving lives, the Staff for Life helicopter service.

The Staff for Life program is a nationally accredited service, providing specially trained flight nurses and paramedics who are qualified to deliver advanced care in the prehospital setting. Additionally, Staff for Life is one of only two programs in the state to carry blood on board for patients who are in a critical hemorrhagic state.

During the training Nov. 17, Whiteman's first responders, the 509th CES fire fighters and 509th MedGp ambulatory services, learned some of the associated hazards with the type of aircraft the helicopter service uses. They also went over in detail on how and where to establish a landing zone for the helicopter.

"The training was set up because Staff of Life is new to the area and we wanted to meet with them and review any prerequisite they might have on emergency transport of a patient from Whiteman," said Greg Smith, 509th CES fire captain. "The most important aspect of this (initial) training was learning what (Staff for Life) needed from us for the landing zone. That was the driving force for setting up the class. We wanted to know what they needed us to do before an emergency happens."

The training also focused on the benefits of working with the helicopter service.



**Bob Evers, Staff for Life pilot, discusses how to establish a landing zone with Whiteman first responders on the flight line Nov. 17. The Staff for Life helicopter service has existed in Missouri for more than 20 years. The newest branch, established in September, is based out of LaMonte, Mo. As new members of the local life-saving community, the helicopter service can be called on in situations when their help may mean the difference between life and death.**

Flight time to Whiteman from the base in LaMonte, Mo., is five minutes according to the Flight for Life team. This rapid response can be life-saving in reducing the time from injury or onset of illness, to operating room, stroke team and overall definitive care possibly saving someone's life.

"The main advantage of the relationship between Whiteman and Staff for Life helicopter service is the speed in which we can transport critically ill or injured patients (from Whiteman) to a tertiary care center or the closest, most appropriate hospital," said Joan Drake, registered flight nurse.

Now with the help of Staff for Life, prehospital care and transportation of trauma victims can be provided by Whiteman's ground responders and the Staff of Life air offering critical patients a better

chance for survival.

The new training is required for all 509th CES firefighters on duty. If there is a call for a life flight, Whiteman's first responders need to understand how to work with the helicopter crew to get the patient safely picked up for transport.

Further training will be scheduled in the next few months.

"We have to ensure that our emergency responders know how we will all interact during an emergency," Wayne Mello, said 509th CES fire chief. "The time to meet and discuss issues is always better before the emergency than while one is happening all around you."

This was a great training opportunity and helped us understand the hazards associated with their aircraft as well as providing their response overview."

## Interest-free loans offered for undergraduate study

**ALEXANDER, Va. (Courtesy of Air Force Personnel Center)** — Nearly 1,300 students will receive up to \$4,000 each in interest-free loans from the Military Officers Association of America's Scholarship Fund for the 2005-2006 school year. More than 500 of them will be first-time recipients.

Students can apply online at MOAA's Web site for the loans, which are awarded annually for up to five years of undergraduate study. Applicants must be children of MOAA members or enlisted servicemembers and be under the age of 24.

If such a child served in a Uniformed Service before completing college, however, his or her maximum age for eligibility will be increased by

the number of years served, up to five years. Applicants may be graduating high school seniors or full-time college students working toward their first baccalaureate degree.

Qualified students with a grade point average of 3.0 or higher on a 4.0 scale are considered for selection based on their scholastic ability, potential, character qualities, participation in extracurricular and community activities, as well as financial need.

"Our educational assistance programs are of great benefit to those seeking to ease the burden of college expenses," said Trey Linneimer, Program Development Officer of the Scholarship Program.

In addition to the interest

free free-loans, MOAA will award 28 grants to college seniors who are current loan recipients in the program, seven grants to children of deceased retired officers, and 20 grants to children whose military parent died in active service. Five of the 28 senior grants will be for \$5,000 and the others will be \$4,000 each. Also, 590 of those receiving the interest-free loan are Designated Scholars who receive a \$3,500 interest-free loan and a \$500 grant.

A Designated Scholarship is a permanent named grant that will continue in perpetuity. Each year both a grant and an interest-free loan are awarded in honor of the loved one, friend or colleague designated by the donor.

The MOAA Scholarship Fund has awarded more than 8,500 students interest-free loans totaling over \$38 million since its inception in 1948.

For MOAA Scholarship Fund applications for the 2006-2007 school year, or for more details on making a contribution, visit MOAA's Web site at [www.MOAA.org/education](http://www.MOAA.org/education) or e-mail [edassist@MOAA.org](mailto:edassist@MOAA.org).

Students may apply online. The application deadline is 12 p.m. EST, March 1, 2006.





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# Crossing the line

## Beware of sexual harassment comfort zones

By Mark Mendes

Civilian Equal Employment Office Manager

As Department of Defense employees, we should all be aware of the definition of sexual harassment.

Sexual harassment is defined as, “unwelcome sexual advances, sexual favors and requests, physical and verbal conduct of a sexual nature and when rejection of this conduct explicitly or implicitly has an effect on individual employment, or unreasonably interferes with a person’s performance towards the mission, or creates an intimidating, hostile, or offensive work environment.”

However, what we may not be aware of is, where exactly is the line between appropriate and inappropriate behavior?

The line established by the DoD policy is, zero toler-

ance. This means when a person’s “comfort zone” is violated, the offender has already crossed the line.

In the process of getting along with co-workers in the workplace, people tell jokes, or make fun of one another, often times, to just fit in with the crowd.

*Do you wonder where your co-worker’s “comfort line” is?*

**In some cases, it’s not discovered until it’s been crossed, and then it’s too late to fix the damage.**

Many of us have different comfort zones determining what is considered acceptable and unacceptable behavior. We all have a “line of comfort” that once crossed, makes physical and verbal conduct of a sexual nature unwelcome.

That joke, gesture, comment or reference may cross a co-worker’s line of comfort and take you from a welcome to an unwelcome zone.

Before you speak, ask yourself these two questions

Do you wonder where that line is?

Are you willing to put your career on that line to find out?



Did you know...?

- The Commander's Access Channel programming offers current base information?
- You can tune in to cable Channel 99 on base to view Air Force TV News, current weather and more?

**Base members may submit information to:**  
[commanders.channel@whiteman.af.mil](mailto:commanders.channel@whiteman.af.mil)

# Whiteman Spirit Award



## Staff Sgt. Vernon Verschelden

509th Contracting Squadron

Staff Sgt. Vernon Verschelden received the Whiteman Spirit Award from Col. Eric Single, 509th Bomb Wing vice commander, Nov. 17.

Tech. Sgt. David Hodges nominated Sergeant Verschelden for the award for his work as a First Term Airman Course team leader.

"Sergeant Verschelden, from 509th CONS, came over to FTAC on May 9 and has left an incredible mark on our already outstanding program," Sergeant Hodges said.

Sergeant Hodges said two of the greatest contributions Sergeant Verschelden made were the identification of lost processing time for FTAC B-2 tour paperwork and resolving issues for new Airmen entering lease agreements.

After evaluating the current process in coordinating paperwork for the B-2 tour, Sergeant Verschelden inquired with different agencies on base to reduce the processing time for the paperwork by 50 percent. "This change is crucial because of security requirements for various organizations dealing with tours of the B-2," Sergeant Hodges said.

With regard to lease agreements, Sergeant Verschelden personally worked with the housing office to assist in the resolution of problems occurring with new Airmen. After witnessing several students encounter problems with landlords, he took action and contacted housing. Sergeant Verschelden coordinated with every commander's support staff to have them update their inprocessing checklists to include him during inprocessing.

"(During the new process) housing would provide information specifically targeted towards educating newcomers on the dangers they face when entering lease agreements. This action alone shows how much Sergeant Verschelden cares for his troops," Sergeant Hodges said.

**Time on Station:** One year

**Time in Service:** Six years 10 months

**Hometown:** Topeka, Kan.

**Spouse:** Jessica

**Children:** Kaylee Jo, 17 months; and Isabelle, due in December

**Hobbies:** Hunting, fishing, computers and video games.

**Goals:** Short term – complete Bachelor's Degree in accounting; long term – Be selected for Officer Training School

**Best thing about Whiteman:** The team spirit and camaraderie, also being close to home doesn't hurt.

**Pet Peeves:** Tardiness and people who duck in cars or buildings to avoid Retreat

**What motivates your winning spirit?** I want to be successful for my family and I want to do everything in my ability for the troops so that they have the opportunity to be successful for their families as well.

**If you could change one thing about Whiteman, what would it be?** If I could change one thing about Whiteman it would have to be a new Fitness Center with an indoor pool and an indoor running track.

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Individuals are nominated from within their units or by customers impressed with the superior customer service provided by the nominee.

If you know people who have the Whiteman Spirit, send their nominations to the 509th Bomb Wing public affairs office, Bldg. 509, Ste.111 or e-mail [spirit.times@whiteman.af.mil](mailto:spirit.times@whiteman.af.mil).

# Dental care

## TRICARE tells how to get emergency help

The TRICARE Dental Program is a voluntary comprehensive dental plan available to active duty family members, and to selected Reserve and Individual Ready Reserve personnel and their family members. Active duty service-members are not eligible for the TDP through United Concordia.



Diagnostic and preventive services are covered at 100 percent of United Concordia's allowance. These services include but are not limited to:

- Dental exams
- Cleanings
- Periodontal cleanings

X-rays are also covered at 100 percent of United Con-

cordia's allowance.

If you are an established patient and require emergency dental care after regularly scheduled hours, most dentist offices have an answering machine for after hours with instructions on how to access emergency care.

Other options to access dental care after normal business hours are through United Concordia's customer service 24-hour phone number, 1-800-866-8499, Sunday - Friday. Customer service representatives will be available to assist patients with finding a network provider in the local area.

Another option is to go on line at [www.ucci.com](http://www.ucci.com) and click on TRICARE.

TRICARE recommends that patients contact their civilian dentist's office to ask how you should contact them for emergency care after regularly scheduled hours. The Whiteman TRICARE Office is available to answer questions regarding the TDP at 687-4350.

## 'Virtual Commissary' opens for business



**By Bonnie Powell**  
Defense Commissary Agency

**FORT LEE, Va.** — Commissary shoppers looking for a different kind of gift for friends or family at home or abroad can let their "fingers do the clicking" at the new Virtual Commissary. Located under the shopping link at <http://www.commissaries.com>, Virtual Commissary will open up a whole new world of Internet shopping for authorized users of the commissary benefit.

"We're excited about DeCA's first adventure into the world of Internet shopping," said Patrick Nixon, chief executive officer and acting director for the Defense Commissary Agency.

Initially, one of DeCA's business partners, Kraft Foods, Inc., is kicking off Internet shopping with a selection of gift baskets. "But the number of vendors and manufacturers participating will continue to increase — along with the variety of products," Mr. Nixon said.

All of the products in the gift baskets at Virtual Commissary can be found on the shelves of "brick and mortar" commissaries, but the unique packaging of products into gift and special occasion baskets adds a new twist. With titles like "Camouflage," "Drill Sergeant" and "Touch of Home," the baskets offer assortments of crackers, canned cheeses, cookies, candies and even beverages and coffee packs.

To access the extended commissary, shoppers must pass through a secure portal found under the shopping link at <http://www.commissaries.com>. Personal information entered by the customer is validated to ensure they are an authorized shopper. Access is dependent on whether the customer is entered in the Defense Enrollment Eligibility Reporting System (DEERS). Military exchanges use a similar

method to check for authorization before permitting access to exchange Web sites or online shopping.

DoD civilians stationed overseas who are otherwise authorized to shop at commissaries may not be able to access Virtual Commissary until changes are made to the DEERS database by the Defense Manpower Data Center, DeCA officials said. The center is targeting completion of the changes for late November.

Virtual Commissary customers can make selections and fill in their payment and shipping information in one easy and secure step, before being transferred to the manufacturer's site where they can get total cost for the product (including the shipping) and finalize their purchase.

Shipping and handling charges are paid by the customer, just as at most other Internet shopping sites, and charges will vary depending on the method of shipping selected, location and the speed of delivery requested. Customers can check for availability of delivery to APO and FPO addresses as well as get more information on what's in the gift baskets by clicking on the image of the gift basket at Virtual Commissary. Payment for orders can be made with any credit card accepted in "real" commissaries and customer information is not archived by DeCA.

"We're certainly energized by the possibilities offered to our customers through this partnership with industry," Mr. Nixon said. "The future of online commissary shopping is unlimited!"

Down the road, Virtual Commissary expansion could include making a wide variety of commissary products available, a feature that would allow deployed military servicemembers, retirees, and other authorized shoppers to order items they want and need at commissary savings — no matter where they live.

**Check out the news online at**  
**<http://www.whiteman.af.mil/news.htm>**



# Providing Protection

509th Security Forces Squadron Armory members provide the means to protect the Air Force's most valuable aircraft



Airman 1st Class Dusty Weiskopf and Senior Airman Robert Matthews, 509th Security Forces Squadron Armory, perform a joint inventory. This inventory is done before each shift to ensure all weapons are accounted for. The eight-member Armory is responsible for the inspections, maintenance and security of all assigned equipment valued at more than \$6 million.

## Fast Facts

■ The 509th SFS Armory is responsible for the storage of personal weapons of Airmen living in the dormitories. Once Airmen move in to the dormitories, they need to bring their personal weapons, photo ID and a completed Air Force Form 1314 to the armory for storage. These weapons include:

- ◆ Hand guns
- ◆ Rifles
- ◆ All ammunition
- ◆ Paintball guns
- ◆ BB and Pellet guns
- ◆ Stun guns and Tasers
- ◆ Bows and arrows

For more information, call the 509th SFS Armory at 687-6804.

■ Whiteman members that live in base housing are not required to have their weapons stored in the armory. However, there are several rules and regulations about the safe storage of firearms and ammunition in

military base housing:

◆ Privately owned weapons and ammunition will be securely stored in appropriately constructed storage containers with tamper-resistant mechanical lock or a trigger guard may be used. The owner must control the keys.

◆ Firearms will be stored unloaded.

◆ Detachable, box-type ammunition magazines will be stored unloaded.

◆ No more than 1,000 rounds of rim-fire ammunition.

◆ No more than 500 rounds of center-fire ammunition of any single caliber, gauge or configuration.

◆ No more than 2,500 rounds total will be stored.

For more information, contact Jerry Osban, 509th Security Forces Squadron Resource Protection at 687-4482.



Airman 1st Class Hollie Wallace, 509th Security Forces Squadron, checks the serial number on a hand held radio. The armory maintains land mobile radios ensuring concise communications for 509th SFS members posted around base. The 509th SFS Armory provides coordinated weapons storage for the 509th SFS, 442nd Fighter Wing and the Mobile Inshore Undersea Warfare Unit 114. The armory also provides weapons storage for the Air Force Office of Special Investigations, base honor guard, 509th Civil Engineer Squadron Explosive Ordnance Disposal and civilian contracted security guards.



Staff Sgt. Nicholas Budenz, 509th Security Forces Squadron Armory NCO in charge, cleans an M-4 Carbine. Sergeant Budenz is responsible for the management of more than 800 unit weapons and more than 400,000 munitions. The armory provides the weapons necessary to protect and secure the Air Force's only B-2 bomber fleet valued at more than \$46 billion.



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Tues. & Thurs. - **Marriage & Family**

Weeks of: **Jan.2-Jan.21**

Mon. & Wed. - **Intro to Humanities**

Tues. & Thurs. - **Am. History Since 1877**

Weeks of: **Jan.23-Feb.11**

Mon. & Wed. - **English Comp.**

Tues. & Thurs. - **Intro to Management**

Weeks of: **Jan.2-Feb.15**

Mon. & Wed. - **College Algebra**

Weeks of: **Jan.2-Feb.27**

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Dear Spirit Readers,

*I will be coming to the Whiteman Inn on Monday, November 28th from 1 pm to 4 pm to register students for upcoming winter classes. Please register early as classes will be filling quickly.*

*If you have any questions, please call me directly at 816-412-7717, or e-mail: jmillar@national.edu.*

*I am looking forward to meeting you on the 28th of November.*

Sincerely,  
**Janet Miller, Admissions**

Call 816-412-7700

or Toll Free: 1-866-NAU1288

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The University reserves the right to cancel classes or change the schedule. Each student is required to have a text book by the first class. The tuition assistance form must be submitted to Janet Miller or Laurena in Student Accounts by the first class. Notify Janet Miller if you are unable to attend or complete the class you have registered for.

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# Team Whiteman Community

## Legal assistance available

Airmen can stop by the legal office for wills, powers of attorney and other legal documents. The legal office legal assistance hours are 8-10 a.m. Mondays and Tuesdays and 1-3 p.m. Wednesdays and Thursdays. Powers of attorney and notary service is available 7:30 a.m.-4:30 p.m. on weekdays. For more details, call the legal office at 687-6809.

## Cell phone donations needed

Survival House, a shelter in Warrensburg for battered woman and children, needs your old cell phones. The cell phones do not need to be in working order and they do not need the chargers or any other accessories.

Phones that are no longer working are turned in to a company that pays the shelter \$25 per phone and those that do work are

given to people in dangerous situations for placing 911 calls. The shelter uses the money they receive for the phones to buy necessities for the families living there, such as food, clothing and personal items.

If you would like to donate old phones, contact Staff Sgt. Cathy Coats at 687-5451 by Dec. 2. The phones will be turned over to the Whiteman Tier 2 for presentation to the shelter.

## Tier 2 prepares for election

The Whiteman Tier 2 will vote for its new officers 3 p.m. at the Dec. 6 meeting at Missions's End.

Staff sergeants and technical sergeant interested in running for office, or people who know someone who would make a good officer for the Tier 2, please e-mail their name to [tammy.klonowski@whiteman.af.mil](mailto:tammy.klonowski@whiteman.af.mil).

## Events page available on the Web

The 509th Communications Squadron Network Control Center has posted an events bulletin on the Web at <https://intranet/509BW/Events-Board/bulletin.asp>.

Team Whiteman members can post base events and information on the page by contacting their unit's point of contact listed on <https://intranet/509BW/Events-Board/bulletin.asp>.

# Family Support

Call 687-7132 for more details on these family support center activities. Events take place at the FSC.

## WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday. WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional needs. For more details, call the WIC office in Warrensburg at 747-2012.

## Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend. This briefing covers information about preparing for deployment and programs available to family members who are left behind.





# Healthy holiday dessert recipes

## BAKED APPLES

Peel the top halves of cooking apples and take out the cores.

Stuff the cored space with raisins or chopped dates.

Cover the apple with honey or maple syrup and bake for about an hour. Add syrup as needed to keep the apples moist. Serve hot or cold.

## APPLESAUCE LOAF

3/4 cup sugar  
2 egg whites  
1 egg  
1 cup sifted all-purpose flour  
3/4 cup whole wheat flour  
1/2 teaspoon salt  
1/2 teaspoon baking powder  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
14 ounces of sweetened applesauce  
1 cup chopped California walnuts (if desired)

### Steps

1. Add half applesauce to sugar, cream-

ing until light. Add eggs; beat until light and fluffy.

2. Sift together dry ingredients; add to creamed mixture alternately with applesauce, beating after each addition; stir in nuts.

3. Pour into loaf or muffin pan that has been sprayed with non-stick product. Bake in moderate oven (350 degrees Fahrenheit) about one hour. Cool in pan for 10 minutes; remove to cooling rack.

4. If desired while still warm, top with sugar glaze. Mix one half cup sifted confectioner's sugar and one tablespoon of water.

**Substitutions** — One half cup shortening replaced with applesauce. One cup sugar reduced to one half cup. One and three-quarter cups sifted all-purpose flour replaced as above with whole wheat flour added. Two eggs replaced as above. Additional 1 one half teaspoon. Each of cinnamon and nutmeg added to recipe.

**Original recipe** — 285 calories, 40 percent of recommended fat daily intake based on a 2,000 calorie diet and 37 grams of fiber.

**Adjusted recipe** — 139 calories, five of recommended fat daily intake based on a 2,000 calorie diet and two grams of fiber.

## LOW-FAT EGGNOG

4 cups of skim milk  
1 (12-ounce) can evaporated skim milk  
1 (8-ounce) carton egg substitute  
1/2 cup light rum  
1 teaspoon vanilla extract  
grated nutmeg

### Steps

1. Over medium heat — stir the skim milk, evaporated milk, egg substitute, and sugar for about 10 minutes, or until slightly thickened.

*Do not boil.*

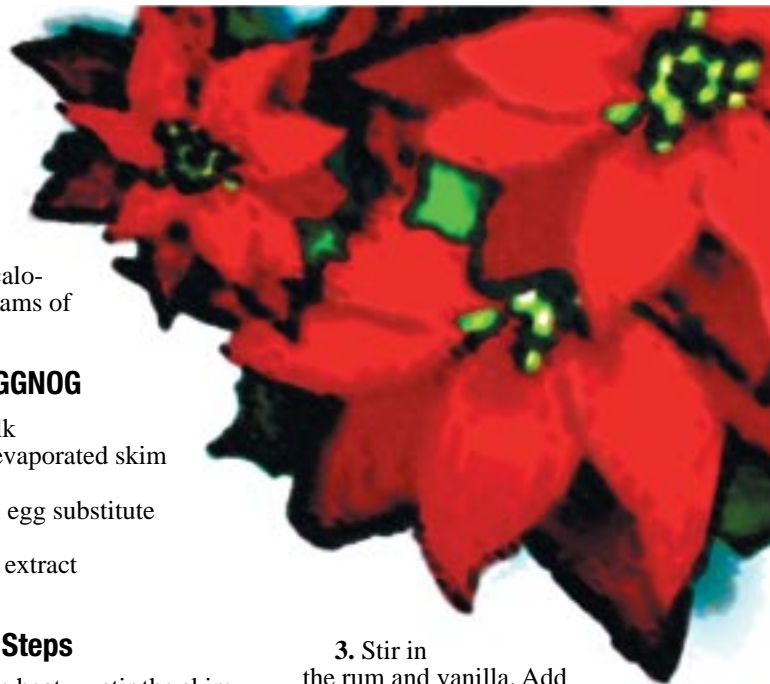
2. Stir over bowl of ice for about two minutes. Cover. Chill for four to 24 hours.

3. Stir in the rum and vanilla. Add more skim milk for desired thickness.

4. Sprinkle with nutmeg.

**Serves six** — 97 calories, two grams of fat and 232 milligrams of calcium.

(By the Health And Wellness Center)



# Military in the movies

## ACROSS

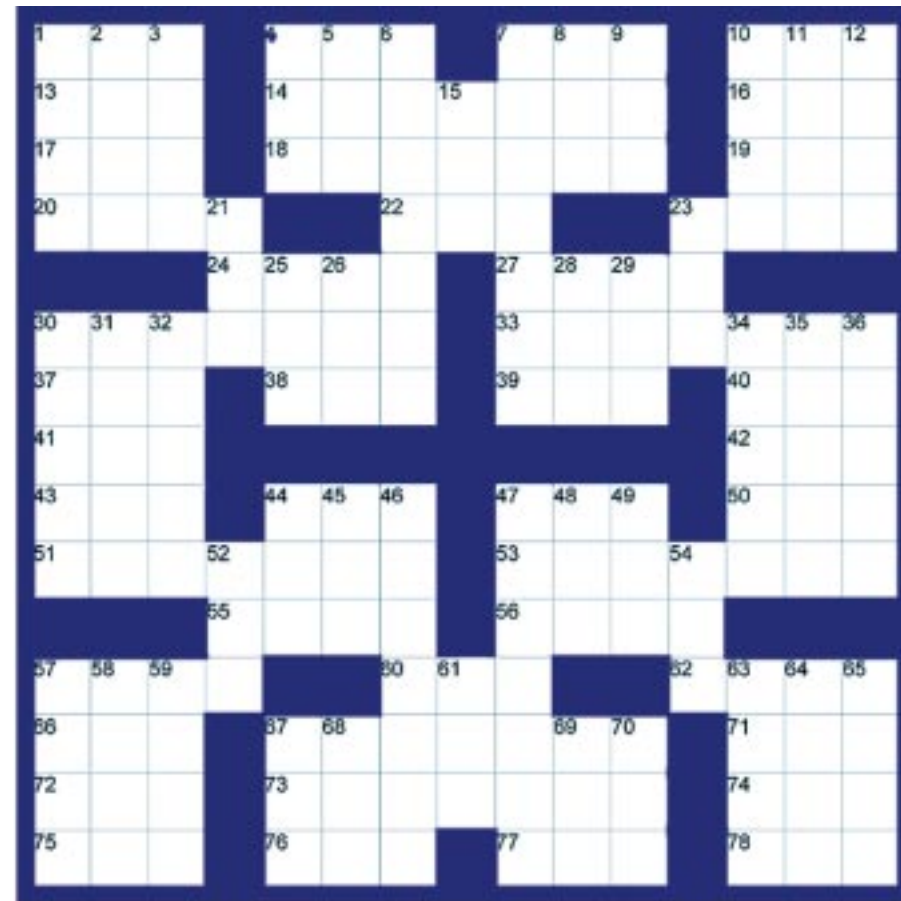
1. Marine fighting unit, in short
4. Japanese sash
7. Secretary Ridge's org.
10. USAF eval.
13. Tempe, A.Z. school
14. The \_\_\_ Day; 1962 WWII John Wayne film
16. D-\_\_\_, the Sixth of June; 1956 WWII Henry Koster flick
17. Actor
18. Member of any various Indian peoples of central Mexico
19. Gun lobby, in short
20. Polynesian dance
22. Conjunction
23. Notify
24. Young horse
27. \_\_\_ Lisa
30. Grooved
33. Loving
37. Article

38. The Thin \_\_\_ Line; 1999 WWII Sean Penn movie
39. Fresh
40. WY airport
41. EuroAsian country
42. 3, in old Rome
43. Inventor Whitney
44. Track segment
47. Demure
50. Appendage
51. American physician and writer Oliver \_\_\_ Holmes
53. Weekday
55. Continent
56. Actress Zellweger
57. Droll people
60. \_\_\_ Chi; exercise format
62. Egyptian symbol of life
66. Can be a person's downfall
67. Bit
71. The Sands of \_\_\_ Jima; 1950 John Wayne WWII movie
72. Yank's opponent in Civil War

7. "\_\_\_ \_\_\_ walking..."
8. Time zone for Hickam AFB
9. Missouri airport
10. Poet Saint Vincent Millay
11. Henry VIII's last wife Catherine
12. Saving Private \_\_\_; WWII Steven Spielberg movie
15. Top \_\_\_; 1986 Tom Cruise USN pilot movie
21. USAF guidance for dress, appearance \_\_\_ 36-2903
23. The Winds of \_\_\_; 1983 Robert Mitchum mini-series
25. Rowing need
26. Dined
28. Lyrical poem
29. Apocalypse \_\_\_; 1979 Francis Ford Coppola flick
30. Scatter
31. USAF base in Greenland
32. Tree sap
34. Epic saga
35. Nigerian currency
36. Sooty
44. Mil. pay statement
45. Boxing legend
46. 1986 Oliver Stone Vietnam movie
47. 1981 Ivan Reitman military comedy
48. Color
49. Yokota AB host country currency
52. \_\_\_ Boot; 1982 WWII submarine flick

## DOWN

1. 1970 movie about 4077th in Korean War
2. Eldest son of Isaac and Rebecca
3. \_\_\_ Metal Jacket; 1987 Stanley Kubrick Vietnam film
4. TV channel for outdoorsmen
5. Constrictor
6. Sucked in



Nov. 18 answers

54. Part of SEAL
57. We \_\_\_ Soldiers; 2002 Mel Gibson Vietnam movie
58. Ripened
59. Abundance
61. USAF MAJCOM for airlift, air refueling
63. Close by
64. The Bridge Over the River

- \_\_\_; 1957 William Holden WWII flick
65. Entertain
67. Music records, in short
68. \_\_\_ Girl Friday
69. 6th sense
70. Actress Susan
- By Capt. Tony Wickman
- Alaskan Command Public Affairs